

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	FE-1	BREAKFAST. SM ПСС [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	CDR, FE-2	BREAKFAST
08:30-09:30	CDR	Physical Exercise T 2
08:40-08:45	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК]
09:30-10:30	FE-2	Physical Exercise (VELO), Day 1
09:30-11:00	CDR	Physical Exercise (ARED)
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 1
10:40-10:55	FE-2	Private Family Conference (<i>Ku+S-band, S/G2, S/G1- backup</i>)
12:40-12:45	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК]
13:00-14:00	.	LUNCH
14:00-14:40	FE-2	COЖ Maintenance. SM and FGB Flush Counter (СП), Water Supply System (SVO), ПОТОК Air Purification System Data Calldowns
15:05-15:10	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК]
16:00-16:05	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК]
16:00-17:00	FE-1	Physical Exercise (VELO), Day 1
16:45-16:50	FE-2	ECLIPSE-BEACON [ТЕХЬ-МАЯК]
17:00-18:30	FE-2	Physical Exercise (TVIS), Day 1
17:35-17:50	CDR	Private Family Conference
18:45-19:15	.	Evening Work Prep
19:15-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1, FE-2	ECON. Observations and Photography
		SEINER World Ocean Observations
		URAGAN. Observations and Photography

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 2. See OSTP for references to US activities
 3. Pre-sleep ops: daily food prep, dinner, pre-sleep
- End of Radiogram